Did you know?

- 1 in every 4
 people, or 25% of
 individuals,
 develops one or
 more mental
 disorders at some
 stage in life.
- Mental illnesses are more common than cancer, diabetes, or heart disease.
- Suicide is the third leading cause of death for 15-to-24-year-olds; among this age group, suicide accounts for 12.3% of all deaths.

We go through so much in our lives as young adults and sometimes we suffer in silence. Because we are ashamed of how we feel. We believe that our friends and our loved ones wouldn't understand. We may even lose hope in ourselves.



That is why the **Youth Hui** was formed -

To give young adults a group to go to feel empowered, not ashamed of mental illness, to know there are others who care and have similar experiences. The Youth Hui can teach us how to become more productive in our lives, to reach our goals, how to be leaders in our community and not held back by stigma about Mental Illness.

Come be involved in the thing; that our generation can do to make the world better for young adult; to be heard.

If you would like any information on how to become involved or any questions please

Email: <u>brandie.northcutt@doh.hawaii.gov</u> Call: (808) 453-6689 Follow us on Facebook@ Facebook.com/ Youth Hui